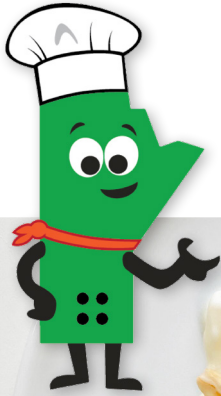


FAMILY ACTIVITIES & Recipes

Food gives your body the energy it needs to grow, play, and think. It is also an important part of celebrations, culture, science, math, geography, and much more. It can be fun to talk about food and learn about it in different ways. This booklet includes food and nutrition activities, ideas, and recipes. Have fun in the kitchen and use your creativity! Younger children may need to ask someone to help them with the recipes.



YOGURT BARK

Makes 1 to 2 servings



Try different toppings for your yogurt bark such as dried coconut, dried fruit, nuts, seeds, cereal, chocolate chips, or frozen berries.

TIP

SUPPLIES



Baking sheet



Freezer



Knife



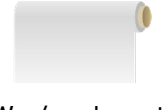
Measuring cups



Measuring spoons



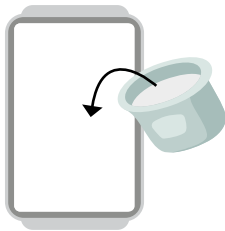
Spoon



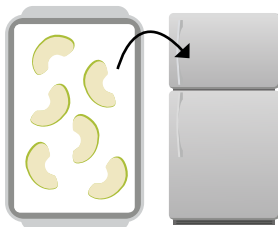
Wax/parchment paper or plastic wrap

INSTRUCTIONS

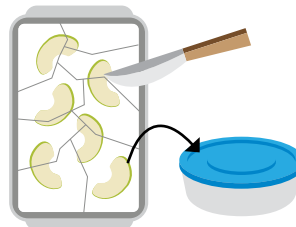
- 1 Line a baking sheet with wax/parchment paper or plastic wrap and pour the yogurt on top. Spread it out approximately 1/2 inch thick.



- 2 Sprinkle the fruit on top and place in the freezer for 2 to 4 hours or until it is completely frozen.



- 3 Remove from the freezer and use a knife to break the bark into pieces. The bark can be stored in the freezer in food bags or an air-tight container.



INGREDIENTS



1 cup yogurt



1/2 cup sliced fruit

MIX AND MINGLE



Try making cereal mix. Add a few different dry cereals together in a large sealable bag (an empty cereal bag will work) or a large, clean, empty container. Close the bag or make sure the lid is tight on the container. Now, dance and shake the bag or container, to mix the cereals all together. You have just created a new cereal! Eat it in a bowl with milk for breakfast or dry as a quick snack.

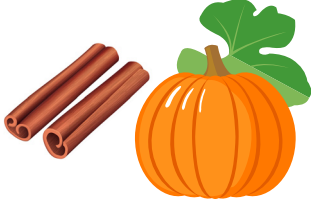


AWESOME OATMEAL

Try these flavour combinations to take your oatmeal to the next level.



PUMPKIN PIE
Puréed pumpkin and cinnamon



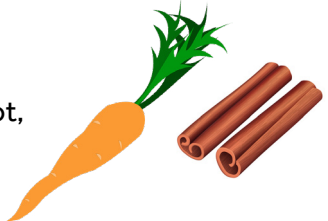
CHOCOLATE ZUCCHINI
Shredded zucchini, ¼ tsp cocoa powder, and brown sugar



BANANA NUT
Sliced banana, walnuts and a sprinkle of brown sugar



CARROT CAKE
Shredded carrot, cinnamon, and brown sugar



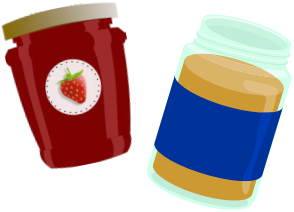
PEACHES AND CREAM
Canned or fresh peach and vanilla yogourt



SEEDY COCONUT
Shredded coconut and seeds

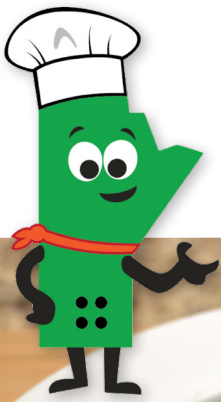


PB & J
Drizzle with peanut butter/alternative and jam



APPLE RAISIN
Shredded apple, cinnamon, and raisins





CARROT CAKE OATMEAL

Makes 1 serving



TIP

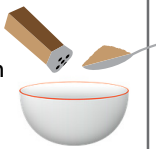
Instead of using a grater, you can chop the carrot into tiny pieces with a knife.

Shredded raw carrots (that haven't been softened in boiling water) would also work well in this recipe for a crunchier texture.

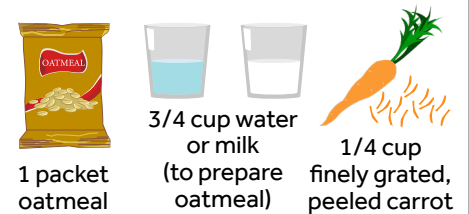
SUPPLIES



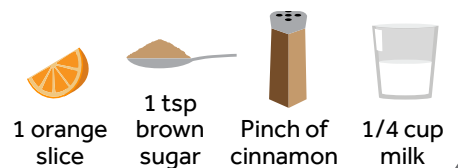
INSTRUCTIONS

- 1 Finely grate the carrot using a grater. 
- 2 Place the shredded carrot in a bowl and cover with boiling water. Let sit for 3 to 5 minutes for the carrot to soften, and then drain the water. 
- 3 Prepare oatmeal using packet instructions. 
- 4 Add the grated carrots to the prepared oatmeal and stir. 
- 5 Squeeze orange juice from an orange slice into the oatmeal (optional). 
- 6 Sprinkle the top of the prepared oatmeal with cinnamon and brown sugar (optional). 
- 7 Top with milk (optional). 

INGREDIENTS



OPTIONAL



SAME BUT DIFFERENT

What do these words have in common?

Once you've tried these, create your own list of words that have something in common, and quiz your friends or family.

- 1 Orange
Pumpkin
Carrot
- 2 Oats
Brown rice
Quinoa
- 3 Mozzarella cheese
Tomato sauce
Oregano
- 4 Apple pie
Pizza
Cookie
- 5 Oranges
Red pepper
Strawberries
- 6 Pumpkin
Flax
Sesame

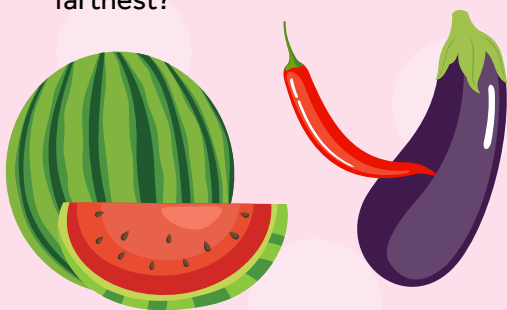
ANSWERS: 1. Orange foods 2. Whole grains 3. Ingredients in pizza 4. Round foods 5. Foods high in vitamin C 6. Edible seeds

WHERE IN THE WORLD



Can you find what country the different fruits and vegetables in your home came from? Check the label, or the sticker on the fruits and vegetables. How many different countries are there?

Get a family member or friend to help you look at a map. Which fruit or vegetable in your house do you think travelled the farthest?



TRAVEL AROUND THE WORLD... AT HOME!



Make a food passport. Each page is dedicated to a specific country. Fill up your passport by writing or drawing the foods that you have eaten that are typical to or come from each country you have "visited." For example, if you ate spaghetti, you could list Italy, where the dish originated.

Or, if a food comes in a container or package, it should list the country it came from. Stickers on produce tell you where they came from.



KEEP YOUR FOOD **SAFE!**

- Some of the food included in this package may be a potential choking hazard for children under four years old.



- Wash all surfaces and supplies before and after they contact food.



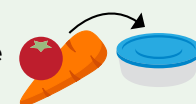
- Food, recipes, meal ideas, and activities may not accommodate all potential food allergens, restrictions, or intolerances. It is important to carefully read the labels and ingredient lists on each package.



- Rinse fresh fruits and vegetables under running water for 10 seconds.



- Place rinsed produce in clean containers and not back into the original unwashed packaging.



- Always wash your hands before you touch food. Wash for 20 seconds with warm water and soap.



- Put leftovers in the refrigerator as soon as you finish eating and use them within the next 3 days. Only reheat leftovers once.

